



The Knight's Tablet

"Put on the armor of God and fight the good fight of faith." – St. Paul

March 1, 2023

Upcoming Events

March 2~ All school Stations of the Cross @ 1:00PM

March 3~ Noon Dismissal/ SPIRIT DAY/ Faculty Meeting

March 5~ St. Paul Church Annual Breakfast (page 6)

March 8~ All school Walking Stations of the Cross @ 1:00PM/ 2nd Grade Parent Meeting @ 6:30PM in the Church

March 10~ All School Mass 09:30AM / Living Rosary 7:00PM

March 13-17~ SPRING BREAK / No School

March 25~ Confirmation Sponsor Retreat/Awareness Mass

March 31~ Living Stations @ 1:30PM

April 3 ~ All school Stations of the Cross @ 1:00PM

Servers Schedule

March 2—3

Brynley Orf and Dominick Ferranto

March 4

4:30pm Volunteers

March 5

7:00am Catherine Dyer and Emelia Grabenhorst

9:00am Elise Vomund and Lily Talbott

11:00am Max Lanham and Jacob Feise

March 6-10

Noah Gentemann and Kamdyn O'Connor

Virtue of the Month **RESPECT**

Respect is recognizing the dignity
of all people.

*St. John Paull II, pray for us, that we
might see the eternal worth of each
person we interact with throughout the
day. Give us your love for all people,
and help us to "be not afraid!" Amen*

School News/Reminders:

St. Paul PTO

Positions are available and needed for the 2023-2024 School Year. You may volunteer yourself or nominate another parent. Please contact the school office if you are interested in joining the SPPTO Board. THANK YOU!!

March Family Rosary

Please join us on March 7 to pray the rosary at Church. Doors open at 6:30, prayer starts at 6:45PM. All ages are welcome!

Kids are encouraged to come and be the leaders in prayer.



Parish Holy Hour on Thursday Nights
@ 7:00PM in the Adoration Chapel.

ST. PAUL SCHOOL BOARD is looking for new members—please see page 4 for more details!

Mass Greeters

WE WANT YOU!!! We are looking for school families to help welcome parishioners to St. Paul Church **THIS WEEKEND** and bring up the gifts as a family during mass. If your family would like to take advantage of this opportunity, please use this Sign Up Genius link to let us know at which Mass you are available to serve. <https://www.signupgenius.com/go/805094BABA629A3FA7-mass1>

THANK YOU!!



Tentative CALENDAR St. Paul School Year 2023-2024

AUGUST 2022

16 First Day of School- Noon Dismissal

SEPTEMBER

01 Faculty Meeting - Noon Dismissal
03 Parish Picnic
04 Labor Day – NO SCHOOL
18-22 Iowa Testing– Grades 3-8
29 NO SCHOOL/ Professional Development

OCTOBER

06 Faculty Meeting - Noon Dismissal
26 Noon Dismissal, Parent/Teachers Conferences
27 - Nov.3 NO SCHOOL – Fall Break

NOVEMBER

06 Classes Resume
22-24 Thanksgiving Break – NO SCHOOL

DECEMBER

01 Faculty Meeting – Noon Dismissal
06 First Reconciliation
21 Noon Dismissal
22–Jan 2 Christmas Break – NO SCHOOL

JANUARY 2024

03 Classes Resume
12 Faculty Meeting - Noon Dismissal
15 Martin Luther King Day– NO SCHOOL

FEBRUARY

02 Faculty Meeting - Noon Dismissal
19 President's Day – NO SCHOOL

MARCH

01 Faculty Meeting / Noon Dismissal
28-01 Holy Week – NO SCHOOL

APRIL

18 Noon Dismissal / Grandparents Day
19-22 Spring Break
27 First Communion

MAY

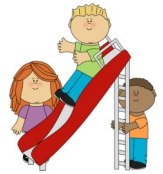
03 Faculty Meeting / Noon Dismissal
16 Last Day for Pre School
17 Field Day - Noon Dismissal
21 8th Grade Graduation & Dinner
22 Last Day of School - Noon Dismissal

HELP—Volunteers are Needed

LUNCH VOLUNTEER SIGN UP RECESS VOLUNTEER SIGN UP



YOU MUST COMPLETE Prevent & Protect
to volunteer at school.



THANK YOU!

MARCH/APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 C- <u>HELP NEEDED</u> P- MONTGOMERY	2 C- M. PHILLIPS P- J. GRANT	3 NOON DISMISSAL/ SPIRIT DAY
6 C- <u>HELP NEEDED</u> P-DUNKIN	7 C- GROHMANN P- <u>HELP NEEDED</u>	8 C- <u>HELP NEEDED</u> P- MONTGOMERY	9 C- <u>HELP NEEDED</u> P- <u>HELP NEEDED</u>	10 C- SMALLEY P- J. GRANT

SPRING BREAK

20 C- MCELFRESH P-DUNKIN	21 C- GROHMANN P- WILSONHOLM	22 C-MCELFRESH P- MONTGOMERY	23 C- <u>HELP NEEDED</u> P- <u>HELP NEEDED</u>	24 C- <u>HELP NEEDED</u> P- <u>HELP NEEDED</u>
27 C- <u>HELP NEEDED</u> P-DUNKIN	28 C- GROHMANN P- <u>HELP NEEDED</u>	29 C-WALDERSDORF P- MONTGOMERY	30 C- <u>HELP NEEDED</u> P- <u>HELP NEEDED</u>	31 C- SMALLEY P- <u>HELP NEEDED</u>
3 C- <u>HELP NEEDED</u> P-DUNKIN	4 C- GROHMANN P- <u>HELP NEEDED</u>	5 C-WALDERSDORF P- MONTGOMERY	9 HOLY THURSDAY NO SCHOOL	10 GOOD FRIDAY NO SCHOOL



School Board Elections Nominee Profile Questionnaire

Please return by April 17, 2023: Parish Office,
School Office, or email Emily Lickteig emilylickteig06@gmail.com

The following are the requirements to be a member of the School Board:

- ☐ Must be at least 21 (twenty-one) years of age
- ☐ Must be an active Catholic, registered member of the Parish or parent of a child in the Parish School
- ☐ Must be supportive of the Parish educational programs both financially and attitudinally

Name: _____

Age: _____

Spouse: _____

Children's names and ages: _____

Current Address: _____

Phone number: _____

email: _____

Registered in St. Paul Parish: Yes ___ No ___

How long have you lived in St. Paul Parish?

Parish ministries or Organizations involved in: _____

Brief Biography: (optional) (where you grew up, schools attended, current employment, etc)

Why do you want to run for the School Board?

What long range planning do you see as a positive goal for the School Board?



MARK YOUR CALENDER!



MAY 2 – MAY 6, 2023
SCHOOL UNIFORM FITTING FOR
ST. PAUL CATHOLIC SCHOOL

FISCHER'S SCHOOL UNIFORMS
3773 NEW TOWN BLVD, ST. CHARLES 63301

TUESDAY & THURSDAY

10AM – 6PM

WEDNESDAY, FRIDAY & SATURDAY

10AM – 3PM

CLOSED SUNDAY-MONDAY

Receive 10% off your purchases in-store and on-line*

*Discount only valid during the days of the fitting

The spring fitting for uniforms for **ST. PAUL CATHOLIC SCHOOL**
will be held at Fischer's School Uniforms.

If you are familiar with our sizing, ordering online or by phone is both an easy and efficient way that you can take advantage of the 10% discount!

If you are new to the uniform process, we are here to help you!
Attending your fitting at Fischer's School Uniforms allows you the opportunity to try on uniform clothing and determine your correct size. You may take home uniform items we have in stock that day. If we need to order an item, we will call when it is available and can be picked up at our store or we can ship via USPS to your home!

For pricing or sizing questions, please visit our website at
www.fischersuniforms.com or call us at 636-493-0655.

We look forward to seeing you in the Spring!

St. Paul Church Annual Breakfast

Enjoy all you can eat

**Sunday,
March 5, 2023**

Sausage

Pancakes

Biscuits and Gravy

Scrambled Eggs

Hash Browns

Juice

Coffee

Sweet Rolls

**In the gym from
7:30am to 12:30pm**

\$12.00 for Adults

\$6.00 for Children

**Children under 5
are free**

***Carry-outs
available***

50/50 Drawing




Contact Jerome Mueller 314-348-4096

**Adult volunteers are needed and service hours
are available for students!**

ST. PAUL IN ST. PAUL

Healthy Habits Lunch

MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		PAPA JOHNS PEPPERONI PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE <u>NO ALTERNATE</u>	<u>Dr. Seuss Day</u> CAT 'N THE HAT GRILLED CHEESE SAM I AM CHIPS LORAX FRESH FRUIT THING 1 COOKIE RED FISH/BLUE FISH MILK <u>ALTERNATE</u> GRINCH DINO NUGGETS	 Lunch will not be served
4	5	6	7	8
BOWL OF CHILI CHEDDAR GOLDFISH SEASONAL FRESH FRUIT ICE CREAM CUP MILK <u>ALTERNATE</u> POPCORN CHICKEN	CHICKEN NUGGETS SMILEY FACE POTATOES CORN RAINBOW SHERBET MILK, FAT FREE <u>ALTERNATE</u> MINI CORN DOGS	PAPA JOHNS CHEESE PIZZA CARROTS AND CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE <u>NO ALTERNATE</u>	<u>SPRING BREAK SPECIAL</u> FLORIDA FRENCH TOAST WITH SUNNY SYRUP "BACON" IN THE SUN ST. THOMAS TATOR TOTS FROlicking FRUIT FUN IN THE SUN MILK <u>ALTERNATE</u> MINI WAFFLES WITH SYRUP	<u>SPRING BREAK SPECIAL</u> RELAXING TOASTED CHEESE RAVIOLI BEACHSIDE MARINARA SAUCE TOSSED SALAD FROlicking FRUIT CHILLIN' ICE CREAM CUP TAKE IT EASY MILK <u>ALTERNATE</u> PARADISE POPCORN SHRIMP
12	13	14	15	16
				
19	20	21	22	23
<u>SPRING BREAK SPECIAL</u> BAHAMA BURGER ST. THOMAS TATOR TOTS "GET GOING" GREEN BEANS FROlicking FRUIT OCEANSIDE MILK <u>ALTERNATE</u> HOLIDAY HOT DOG ON BUN	<u>BREAKFAST FOR LUNCH!!!</u> SCRAMBLED EGGS BISCUIT SEASONAL FRESH FRUIT HASH BROWN MILK, FAT FREE <u>ALTERNATE</u> MINI FRENCH TOAST WITH SAUCE	PAPA JOHNS PEPPERONI PIZZA CARROTS AND CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE <u>NO ALTERNATE</u>	JUMBO CORN DOG MIXED VEGGIES SEASONAL FRESH FRUIT VANILLA WAFERS MILK, FAT FREE <u>ALTERNATE</u> TOASTED BEEF RAVIOLI	SOFT PRETZEL WITH CHEESE CARROTS WITH RANCH APPLE SAUCE OREO COOKIE MILK, FAT FREE <u>ALTERNATE</u> FISH STICK
26	27	28	29	30
TURKEY & CHEESE ON BAGEL CHEDDAR GOLDFISH PICKLE SPEAR OREOS MILK, FAT FREE <u>ALTERNATE</u> DINOSAUR CHICKEN NUGGETS	PEPPERONI HOT POCKET TOSSED SALAD SEASONAL FRESH FRUIT COOKIE MILK, FAT FREE <u>ALTERNATE</u> CHICKEN RINGS	PAPA JOHNS CHEESE PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE <u>NO ALTERNATE</u>	<u>OPENING CARDINALS DAY!!!</u> CARDINALS CHICKEN STRIPS BASES LOADED FRUIT BASEBALL CHIPS CURVEBALL COOKIE HOMERUN MILK <u>ALTERNATE</u> GRAND SLAM CHEESEBURGER	NACHOS & CHEESE GREEN BEANS CHURRO SEASONAL FRESH FRUIT MILK, FAT FREE <u>ALTERNATE</u> BOSCO STICK WITH SAUCE
31				
DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50				
Chicken Strips and Fries	Bacon Cheeseburger Chips	Pretzels with Cheese and Fruit	Chicken Patty On Bun Chips	2 Bosco Stick with Sauce and Fruit



Food Service Consultants, Inc.
 "A Local Company Serving You With Pride"



ST. VINCENT DePAUL

Searching for ways to serve your community during Lent? We are welcoming Families, groups and individuals to work with us to help the poor during Lent. Below are 3 opportunities to serve. Interested? Contact us by email at stvdpstpaul@gmail.com or call Kathy Chostner at 636-294-1644. Sign up sheet are also available at the Parish Center or in the back of church:

FOOD DRIVE on March 4th and 5th: Volunteers are needed before and after all Masses to collect and sort food at the Parish Center. We will also need a few volunteers to deliver items to ICOM food pantry at 12 noon.

SPRING CLEANING EVENT on March 18th: Volunteers are needed to collect items from 8:00 a.m. till 6:00 p.m. on March 18th. SVDP Thrift store Truck will be on St. Paul's parking lot. We are collecting gently used and new clothing and household goods to donate to St. Vincent DePaul Thrift Stores.


MONTHLY MEALS FOR THE HOMELESS: Provide all or part of a meal for the homeless once a month. Each month, Teams provide a three course meal, along with dessert, drinks and fruit for the homeless.



SAVE ^{THE} DATE

04 2 2 23
SAT

**ST. DOMINIC HIGH SCHOOL
BARNES AND NOBLE BOOK FAIR**



Scholarship Opportunities 2023-2024



TODAY & TOMORROW

CHANGING THE FUTURE — ONE CHILD AT A TIME

TTEF offers
scholarships
to
Catholic schools
&
private schools

Scholarships Available
Apply Online at
TTEF-STL.org

2023 -2024 Applications Open
January 17, 2023



Appt.
Thursday
@ 5pm



Questions? Contact

Laura George
Senior Director of Scholarships
314.792.7777 | laurageorge@archstl.org

TRUST
your



An Afternoon Program for Mothers and Daughters

You are invited to an event that provides an atmosphere of love and learning to discuss fertility and to promote communication between mother and daughter. The programs are presented by a registered nurse, an adult woman and joined by a teen on a panel for questions and answers. The programs emphasize respect, understanding and appreciation for God's gift of sexuality, as well as age-appropriate information on the function of the female reproductive system.

Sunday, February 26, 2023

The **10 to 12 year-old program** will focus on: changes in girls' bodies as they enter puberty, modesty, values, plans of action, and the sacredness of human life.

Sunday, April 2, 2023

The **13 to 17 year-old program** will focus on: dating, marriage, sexually transmitted diseases, protection of fertility through chastity, and the sacredness of human life.

Time: 1:00 to 3:30 p.m.

**Location: Mercy Hospital St. Louis
von Gontard Conference Center**

Cost: \$50 per Mother/Daughter Family

Please note that we are limited to **25 families**.

Reservations: Go to mercy.net/fertilitycare

- Scroll down, click Blue Clipboard marked "Register for classes" to sign up.

2023 Reservation Deadlines:

February 22, 2023 for 10-12 year-old program

March 29, 2023 for 13-17 year-old program

\$5 fee on all cancellations up to 48 hours prior to event.

After this time period, no refunds are given.

For more information, please contact Kathy Vollmar
at 314.991.0327 or kathleen.vollmar@mercy.net



Your life is our life's work.





Father/Son: Boys Into Men Program

You are invited to an event that provides an atmosphere of love and learning to discuss fertility and to promote communication between father and son. The programs are presented by a father, a physician and joined by a teen on a panel for questions and answers. The programs emphasize respect, understanding and appreciation for God's gift of sexuality, as well as age-appropriate information on the function of the male reproductive system.

Sunday, March 5, 2023

The **11 and 12 year-old program** will focus on: changes in boys' bodies as they enter puberty, modesty, values, plans of action, and the sacredness of human life.

Time: 1:00 to 3:30 p.m.

**Location: Mercy Hospital St. Louis,
Von Gontard Conference Center**

Cost: \$50 per Father/Son Family

Please note that we are limited to **25 families**.

Reservations: Go to mercy.net/fertilitycare

- Scroll down, click Blue Clipboard marked "Register for classes" to sign up.

2023 Reservation Deadlines:

March 1, 2023

\$5 fee on all cancellations up to 48 hours prior to event. After this time period, no refunds are given.

For more information, please contact Kathy Vollmar at 314.991.0327 or kathleen.vollmar@mercy.net



Your life is our life's work.



Upcoming Events



February
24

7th Grade Shadow Visits OPENS FEBRUARY 24

Mondays, Wednesdays, and Fridays
8:00 AM - 1:30 PM

- Two Vianney classes with a Griffin Guide
- Economics and Leadership activities
- Complimentary lunch & Ted Drewes

Questions: Monica Sabatino: msabatino@vianney.com



REGISTER
HERE

April
10

Be a Griffin for a Day EASTER MONDAY 8:00 AM - 12:30 PM

5th and 6th graders spend the morning on campus experiencing life as a Griffin:

- Teacher-led activities
- Current student guides
- FREE event
- Lunch and t-shirt included

Questions: Jessie Hebrank: jhebrank@vianney.com



REGISTER
HERE



MEN *of* CHARACTER & ACCOMPLISHMENT